



**CERTIFICATE OF MAILING**

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Signed:

Paula Faulk Hurley

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE**

In re application of: William R. Dubrul	Attorney Docket No.: 021016-1
Application No.: 10/702,611	Examiner: Lori Baker Amerson
Filed: 07 November 2003	Group: 3764
Title: Push Up/Pull Up Exercise Apparatus and Methods for Use	Confirmation No.: 8512

Mail Stop Amendment  
Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

**AMENDMENT**

Sir:

In response to the office action mailed 07 March 2006, please amend this application as follows.

**Amendments to the Specification** begin on page 2 of this paper.

**Amendments to the Claims** are reflected in the listing of claims, which begins on page 3 of this paper. This listing of the claims will replace all prior versions, and listings, of the claims in this application.

**Amendments to the Drawings** begin on page 5 of this paper and includes an Additional Drawing Sheet.

**REMARKS** begin on page 6 of this paper.

An **APPENDIX** including 1 Additional Drawing Sheet is attached following page 6 of this paper.